

[DUMBBELL HAVING INTERLOCKING COMPONENTS]

Abstract of Disclosure

An inexpensive to manufacture dumbbell hardware design with secure, tight tolerance, non-rotating weights having a central handle with ends having a geometric shape and a central bore at least part way through each end, a means for securing one or more weights to the handle located at least partially within the central bore, and one or more weights, each including an interior element and a cast resistance, wherein the interior element provides tight tolerance with the handle having a circumference and a generally central void of a shape complementary to the geometric shape of the central handle, wherein the weights are secured by a locking bolt have corresponding threads with the central bore.

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Figures

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